

Further Information and Advice

For more information on insect bites in general, see the NHS 24 website at

<http://www.nhs24.com>

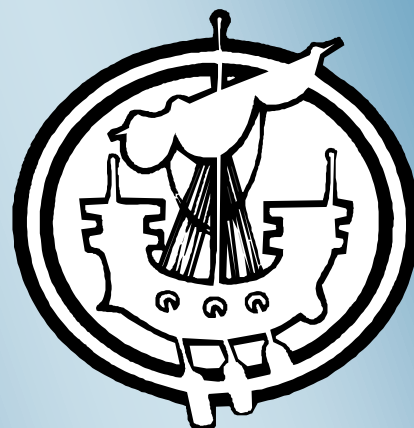
Stay Safe in the Countryside

Hygiene advice for outdoor activities is available in a further leaflet in this series.

Further information on Lyme Disease can be found on:

<http://www.bada-uk.org/>

Borreliosis and Associated Diseases Awareness UK



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Advice about ticks

How to avoid problems with ticks



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IMPORTANT INFORMATION

What are ticks?

They are small, blood sucking creatures which feed on many different types of birds and animals, including humans. During feeding they can spread infections and cause disease. They are found in woodland and moorland areas, and are most common from April to October.

They can also be found in parks, or in gardens where there is wildlife.

The most common tick in Scotland is the sheep or deer tick.

Ticks feed for several days then drop off into the undergrowth where they grow and develop, until they are ready for their next blood meal or to lay eggs. They vary from 1mm to 1cm long and have 6 or 8 legs.

What diseases do ticks carry?

Ticks can carry many diseases that can affect animals or humans or both. In Scotland, Lyme disease, also known as Lyme Borreliosis, is the most common disease transmitted by ticks.

There are also other diseases which in the UK mostly affect animals, but which (very rarely) can also affect humans.

How can you prevent tick bites?

In humans this is simply achieved by ensuring that exposed skin which may come into contact with vegetation is kept covered. Long trousers should be tucked into socks and long sleeves worn.

Clothing should be checked regularly and any ticks on it brushed off.

An insect repellent may also be used.

What should I do if I am bitten?

- Check regularly for ticks—they may only be the size of a pinhead.
- Check skin folds, especially knees and elbows.
- Remember to check children and pets as well.
- If a tick has attached remove it using a proprietary tick remover, tweezers parallel to the skin or fingernails through a tissue.
- If any of the tick is left in you should consider seeking healthcare advice.
- Clean the area after the tick is removed.

Do not :-

- Use oils, lotions, chemicals or petroleum jelly.
- Try to burn the tick

The tick is more likely to pass on disease if this is done.

What do I do next?

If you feel unwell or develop a rash around the tick bite then consult your doctor.

A rash which spreads out from the bite could be a sign of Lyme disease.

The disease responds well to treatment with antibiotics but it is better that it is treated early.

There is no need to see your doctor if you have been bitten but have no other symptoms. If you do visit your doctor then remember to tell him that you have been bitten by a tick.

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